

Get Fit All Year Round!

***Please Note: Some Classes Only Seasonally Offered**

(Click Class Names for Online Registration and Full Description)

Aquatics Classes	Drop-In Fee Per Class¹	Ages
<u>Aquatic Doctor's Orders</u>	\$7.00	18+
<u>Aqua Blast</u>	\$7.00	18+
<u>Aqua Boot Camp</u>	\$7.00	14+
<u>Aqua Fitness</u>	\$7.00	16+
<u>Aqua Power $\frac{3}{4}$ Hour</u>	\$7.00	16+
<u>Aqua Zumba</u>	\$7.00	16+
<u>Deep Water Running and Conditioning</u>	\$7.00	18+
<u>Deep Water Workout</u>	\$7.00	16+
<u>H2O Walking</u>	\$7.00	16+
<u>Swim 4 Fitness</u>	\$7.00	14+
<u>Twinges in Your Hinges</u>	\$7.00	14+
<u>60 Plus Swim</u>	\$7.00	60+
<u>Senior Aquacise – Beginner</u>	\$7.00	60+
<u>Senior Aquacise – Advanced</u>	\$7.00	60+
<u>Senior Exercise Swim</u>	\$7.00	60+
<u>Rockville Master's Swimming</u>	\$7.00	16+

1 – Drop-in Fees are paid the day of class and receipts must be presented to the instructor in order to participate.

[Register Online](#)

[View our complete guide and fill out the registration form](#) to register by mail, walk-in or fax (240-314-8759)

For more information email swimcenter@rockvillemd.gov

Learn more at www.rockvillemd.gov/swimcenter

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